



Family Health Centers of San Diego

Alcohol and Other Drug Services

Today's Topics

- What is Substance Use Disorder?
- What is Harm Reduction?
- Adult Treatment Options
- Family Health Centers of San Diego
Alcohol and Other Drug Services

What is Substance Use Disorder?

- A cluster of cognitive, behavioral, and physiological symptoms indicating that an individual continues using the substance despite significant substance-related problems.
- How much someone is addicted is rated as mild, moderate, or severe in regard to someone's impaired control, social impairment, risky use, or pharmacological criteria.
- Other terms are “substance abuse” and “addiction.” Many healthcare providers are moving away from these terms using words that create less stigma for a person with this disease.

What is Harm Reduction?

- Harm reduction can be described as a strategy directed toward individuals or groups that aims to reduce the harms associated with certain behaviors.
- When applied to substance use, harm reduction emphasizes the measurement of health, social and economic outcomes, as opposed to the measurement of drug consumption

**I DON'T PROMOTE DRUG USE.
I DON'T PROMOTE CAR
ACCIDENTS EITHER, BUT I STILL
THINK SEATBELTS ARE A GOOD IDEA.**

Harm Reduction - practicing common sense since the 1980's.

Harm Reduction

Education, Prevention and Treatment

- Increase client's knowledge about drugs
- Use motivational approach to strengthen client's desire, motivation and capacity to achieve a healthier life:
 - Accept where the client is
 - Affirm client as the primary agent for reducing harms
 - Encourage client to share knowledge (peer support)
- It is healthy and normal for people to have conflicting feelings and be ambivalent-this is not "resistance" it is part of the change process.
- *Success = Greater Health and Responsibility*

Adult Treatment Options

- Detoxification
- Residential Treatment
- Outpatient Treatment
- Medication Assisted Treatment (MAT)

Most programs have mental health treatment available as part of their services

Adult Treatment Options

Family Health Centers of San Diego

- Behavioral Health Integrated Care
 - Co-location of MH and AOD services in primary care clinics
 - Screening, Brief Intervention and Referral to Treatment (SBIRT)
- LGBT Regional Recovery Center - Solutions for Recovery
- Ryan White Outpatient Treatment Services
- Medication Assisted Treatment (MAT)
- SMART Program

Behavioral Health Integrated Care

Primary Care Clinic AOD Services

- AOD Services are co-located in our primary care clinics to increase patient access to treatment for substance use disorders.
 - Hillcrest, City Heights, Chula Vista, North Park, Downtown at Connections, El Cajon, Elm Street, Diamond Neighborhoods, Oak Park, Grossmont/Spring Valley
- AOD Services include:
 - Screening, Brief Intervention and Referral to Treatment (SBIRT) for alcohol use disorder
 - Individual and Group Counseling
 - Mental Health therapy

LGBT Regional Recovery Center Solutions for Recovery

- Outpatient Treatment Program
 - ODF – Outpatient Drug Free
 - IOT – Intensive Outpatient Treatment
- We promote Lesbian, Gay, Bisexual, Transgender (LGBT) and/or HIV-positive adults' access to outpatient substance use disorder treatment services by offering a comprehensive, integrated continuum of services.

Ryan White Outpatient Treatment Solutions for Recovery

- Support groups for HIV+ individuals
 - Substance Use Disorder Treatment Groups
 - Individual Counseling Sessions
- County-wide services:
 - North County: Vista Community Clinic, Community Housing Works
 - Central: St. Vincent de Paul, Illinois St.
 - South/East: San Ysidro Health Center-Our Place

Medication Assisted Treatment (MAT)

Family Health Centers of San Diego

- MAT is the use of prescribed medications, combined with counseling, to treat alcohol use or opioid use disorder
- Medications for AUD include
 - Disulfiram – Antabuse®
 - Acamprosate – Campral®
 - Naltrexone
- Medications for OUD include:
 - Methadone – ***available at OTPs only***
 - Buprenorphine - Subutex®
 - Buprenorphine/Naloxone - Suboxone®
 - Injectable Naltrexone - Vivitrol®
- MAT is available at Family Health Centers of San Diego

SMART Program

Family Health Centers of San Diego

- San Diego Misdemeanants At-Risk Track (SMART) Program
 - Eligibility determined by Office of the City Attorney – San Diego
 - FHCSD provides case management and substance use disorder treatment services to non-violent chronic misdemeanor offenders (quality of life and drug offenses).
 - FHCSD partners with Second Chance who provides up to 2 years of housing for program participants.

Questions?

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Alcohol and Other Drug Services

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Please visit our website: www.fhcsd.org